



THE ADVENTURES OF

**CENTENE**  
Corporation

PRESENTS

**SUPER  
CENTEAM**

**5**

SKIP  
DRIVE-  
THRU



SPIKE  
ARMSTRONG



SNACK-  
KING



CONSTANCE  
EATRITE



STARRING  
DARBY BOINGG!



CLAIRE SPRINGS

**ADVENTURES THROUGH FITROPOLIS!**

**PROACTIVE  
PARENTS/GUARDIANS  
GUIDE**

DEAR PARENT/GUARDIAN,

WE ALL WANT OUR CHILDREN TO BE FIT AND HEALTHY. DARBY BOINGG CAN BE YOUR PARTNER AS YOU TALK TO YOUR CHILDREN AND TEACH THEM GOOD LIFE CHOICES. ALL PARENTS CAN USE A LITTLE HELP SOMETIMES!

ENJOY!

MARY ANN DUDKO, PH.D.  
EDUCATIONAL CONSULTANT



DEAR PROUD PARENT/GUARDIAN,  
I'M DARBY BOINGG AND I CREATED A BOOK FOR YOUR KIDS ABOUT GETTING FIT AND STAYING HEALTHY. I TEACH THE IMPORTANCE OF EATING RIGHT, EXERCISING, HEALTHY SNACKING, DRINKING WATER AND LIMITING FAST FOOD. THIS INTERACTIVE GUIDE IS FOR YOU AND YOUR KIDS TO WORK TOGETHER TO MAKE A PLAN FOR HEALTHY LIVING!

DARBY BOINGG



## DARBY BOINGG INTRODUCES THE..

THINK ABOUT WHAT  
YOU EAT BEFORE  
EACH MEAL!



CONSTANCE EATRITE

**SUPER  
CENTEAM**

**5**

CHECK WITH YOUR  
DOCTOR ABOUT MAKING  
HEALTHY CHOICES IF YOU  
OR YOUR KIDS HAVE  
FOOD ALLERGIES!



DARBY BOINGG

I LOVE FAST FOOD,  
BUT NOT ALL OF THE TIME!  
I EAT HEALTHY ALL WEEK  
AND TREAT MYSELF TO ONE  
FAST FOOD MEAL ON  
SATURDAY OR SUNDAY!



SKIP DRIVE-THRU

CHOOSING  
HEALTHY SNACKS HELPS  
KEEP YOUR ENERGY UP  
BETWEEN MEALS!



SNACK-KING

WATER HELPS  
KEEP YOUR BODY  
WORKING THE BEST  
WHILE YOU ARE  
ACTIVE!



CLAIRE SPRINGS

STAYING ACTIVE  
EVERYDAY MAKES ME  
FEEL BETTER AND  
HELPS ME PLAY  
SPORTS BETTER!



SPIKE  
ARMSTRONG

THE SUPER CENTEAM 5 CHARACTERS WERE CREATED TO TEACH KIDS  
THE IMPORTANCE OF ALL ASPECTS OF HEALTHY LIVING AND NUTRITION.





## BE FOOD-WISE!

- 1 THINK ABOUT WHAT YOU EAT BEFORE EACH MEAL TO MAKE GOOD CHOICES.
- 2 MAKE SURE YOU EAT GRAINS, VEGETABLES AND FRUITS.
- 3 EATING YOGURT AND CHEESE WILL HELP YOUR BONES GROW.
- 4 IT IS IMPORTANT TO FUEL YOUR BODY WITH MEAT, BEANS, FISH AND NUTS.
- 5 DON'T SKIP MEALS! IT IS IMPORTANT TO FUEL YOUR ENGINE WITH BALANCED MEALS ALL DAY LONG.

### HEALTHY AND HELPFUL TIP:

ASK YOUR DOCTOR WHICH MULTIVITAMIN IS THE RIGHT ONE FOR YOUR CHILD!

CHECK THE ACTIVITIES YOUR FAMILY IS ABLE TO DO TO BE MORE FOOD-WISE AND EAT HEALTHIER.



LOOK AT FOOD LABELS FOR NUTRITIONAL CONTENT



EAT WHEAT OR MULTIGRAIN BREAD INSTEAD OF WHITE



HAVE MILK, YOGURT OR CHEESE AT EVERY MEAL



PREPARE MEALS TOGETHER IN ADVANCE



MAKE A FOOD CALENDAR FOR A WEEK TO PLAN HEALTHY MEALS



EAT DINNER TOGETHER SEVERAL NIGHTS A WEEK





## BE ACTIVE!

- 1 BEING FIT AND TRIM HELPS YOU HAVE ENERGY FOR SPORTS.
- 2 KEEPING FIT HELPS YOUR MUSCLES AND BONES WORK BETTER.
- 3 KEEPING FIT IS EASY- YOU CAN WALK YOUR DOG, THROW A BALL, DO JUMPING JACKS, JUMP ROPE OR PLAY HOPSCOTCH.
- 4 FIND SOMEONE TO PLAY WITH YOU IN YOUR YARD OR AT THE PARK.
- 5 BEING ACTIVE KEEPS YOU FLEXIBLE IN YOUR JOINTS AND MUSCLES.

HEALTHY AND HELPFUL TIP:

PUT ON SOME MUSIC AND DANCE WITH YOUR KIDS!

### FUN IDEAS FOR GETTING ACTIVE WITH YOUR KID:

- ★ MALL WALKING
- ★ CHECK OUT A DANCE OR EXERCISE VIDEO FROM THE LIBRARY
- ★ WALK YOUR DOG TOGETHER TO THE PARK

WHAT ARE YOUR 3 ACTIVE IDEAS?

1

2

3





## DRINK UP!

- 1 DRINK WATER WHEN YOU ARE THIRSTY. WATER IS BETTER FOR YOU THAN SODA.
- 2 DRINK WATER WITH EVERY MEAL.
- 3 DRINK EXTRA WATER WHEN IT IS HOT OUTSIDE.
- 4 DRINK LOTS OF WATER BEFORE, DURING AND AFTER EXERCISE.
- 5 CARRY A RELIABLE WATER BOTTLE AND FILL IT UP.

### HEALTHY AND HELPFUL TIP:

USE FUN ICE CUBE TRAYS OR COLOR YOUR ICE CUBES WITH JUST A DASH OF FOOD COLORING!

LIST YOUR "THIRSTY" IDEAS TO HELP YOU AND YOUR CHILD DRINK MORE WATER.



## SNACK-KING



**SNACK ON!**

- 1** ONLY SNACK WHEN YOU ARE HUNGRY.
- 2** TWO OR THREE SNACKS A DAY IS A GOOD RULE, ESPECIALLY WHEN YOU ARE ACTIVE.
- 3** POPCORN, YOGURT, VEGGIES, CHEESE, FRUIT, PEANUT BUTTER CRACKERS ARE ALL GREAT SNACKS TO KEEP YOU GOING.
- 4** STICK TO HEALTHY SNACKS. CANDY, SODA AND CHIPS AREN'T THE BEST FUEL FOR KEEPING YOU FIT.
- 5** ALWAYS KEEP A SNACK IN YOUR BACKPACK TO FUEL YOU UP.

### HEALTHY AND HELPFUL TIP:

PREPARE A FEW SNACKS AHEAD OF TIME AND STORE THEM IN PLASTIC BAGS OR CONTAINERS FOR EASY ACCESS!

CHECK THE HEALTHY SNACKS THAT YOU AND YOUR FAMILY WOULD LIKE:

- ☐ CHEESE SLICE
- ☐ PEANUT BUTTER & CELERY
- ☐ FRUIT/ YOGURT
- ☐ BANANA
- ☐ RAISINS
- ☐ POPCORN
- ☐ GRAHAM CRACKERS & MILK
- ☐ NUTS







## FAST FOOD... SKIP IT!

- 1 SKIP THE DRIVE THRU AS MUCH AS POSSIBLE AND EAT MEALS AT HOME.
- 2 FAST FOOD IS BETTER AS A TREAT THAN A REGULAR PART OF YOUR DIET.
- 3 IF YOU DO EAT FAST FOOD, CHOOSE APPLE SLICES OR FRUIT INSTEAD OF FRENCH FRIES WITH YOUR MEAL.
- 4 DRINK CHOCOLATE MILK WITH YOUR MEAL. IT'S BETTER FOR YOU THAN SODA.
- 5 FAST FOOD IS NOT FIT FUEL.

### HEALTHY AND HELPFUL TIP:

WHEN MAKING YOUR FAMILY'S WEEKLY HEALTHY MEAL PLAN, SCHEDULE A MEAL OUTING AT A FAST FOOD PLACE AND CHOOSE THEIR HEALTHIER CHOICES!

HERE ARE SOME HEALTHIER CHOICES AT FAST FOOD PLACES!

ENCOURAGE YOUR KIDS TO CHOOSE THESE:

- ★ APPLE SLICES VS. FRENCH FRIES
- ★ MILK VS. SODA
- ★ SMALLER PORTIONS VS. LARGER ONES
- ★ GRILLED CHICKEN SANDWICH VS. FRIED CHICKEN SANDWICH
- ★ YOGURT PARFAIT VS. MILKSHAKE
- ★ GREEN SIDE SALAD VS. FRENCH FRIES
- ★ GRILLED CHICKEN STRIPS VS. FRIED CHICKEN STRIPS



BREAKFAST IS THE  
MOST IMPORTANT MEAL  
OF THE DAY.

EVEN WHEN YOU'RE  
IN A HURRY,  
YOU CAN STILL GET  
A HEALTHY BREAKFAST  
ON THE RUN.



### QUICK & EASY BREAKFAST TIPS

CHECK IF IT SOUNDS  
YUMMY TO YOU!

1. PEANUT BUTTER, APPLE, MILK

☐

2. TORTILLA, EGGS, JUICE

☐

3. OAT MEAL, FRUIT, MILK

☐

4. WHOLE WHEAT WAFFLE  
WITH STRAWBERRIES

☐

5. \_\_\_\_\_  
YOUR KID'S FAVORITE HEALTHY MEAL

☐

THERE ARE NEVER TOO MANY  
COOKS IN THE KITCHEN WHEN PREPARING  
HEALTHY MEALS!  
GRAB YOUR APRON AND GET YOUR KIDS IN THE  
KITCHEN COOKING WITH YOU!



### KITCHEN COOKING TIPS:

- INCLUDE KIDS IN MEAL PLANNING AND PREPARATION - THEY'LL BE MORE LIKELY TO WANT TO EAT WHAT THEY HELP TO PLAN AND PREPARE
- ASSIGN TASKS APPROPRIATE FOR YOUR CHILD'S AGE - NO SHARP KNIVES FOR YOUNGER CHILDREN!
- LIMIT ACCESS TO HOT STOVES AND OVENS, ESPECIALLY FOR YOUNGER CHILDREN
- FOLLOW A WRITTEN RECIPE - MANY READING AND MATH SKILLS ARE INVOLVED IN FOLLOWING A RECIPE

## **SUGGESTIONS FOR A HEALTHY PUNCH IN YOUR KID'S LUNCH!**

- **RAISINS**
- **PRETZELS**
- **ORANGE WEDGES**
- **CHEESE SLICES**
- **NUTS**
- **CELERY**
- **CARROTS**
- **PEANUT BUTTER**
- **CRACKERS**



**IF YOUR KIDS BUY A SCHOOL LUNCH, TALK  
TO THEM ABOUT THESE HEALTHY TIPS:**

- 1 REVIEW THE SCHOOL LUNCH MENU  
AND HELP YOUR KIDS MAKE HEALTHY  
CHOICES AHEAD OF TIME**
- 2 ENCOURAGE HEALTHY PORTIONS AT SCHOOL**
- 3 SUGGEST THAT YOUR CHILD EAT A PIECE  
OF FRUIT INSTEAD OF A DESSERT**

SIT DOWN WITH YOUR KIDS AND WRITE DOWN  
HEALTHY GOALS FOR YOU AND YOUR FAMILY.

## #1 HEALTHY EATING

FAMILY  
GOAL:

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## #2 DRINKING WATER

FAMILY  
GOAL:

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## #3 FITNESS/EXERCISE

FAMILY  
GOAL:

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## #4 LIMITING JUNK FOOD

FAMILY  
GOAL:

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IT'S A BOINGGING  
GOOD IDEA TO REVIEW  
THE MYPLATE GUIDELINES  
BEFORE PLANNING  
YOUR MEALS!



### WHAT IS A "HEALTHY DIET"?

THE DIETARY GUIDELINES FOR AMERICANS  
DESCRIBE A HEALTHY DIET AS ONE THAT:

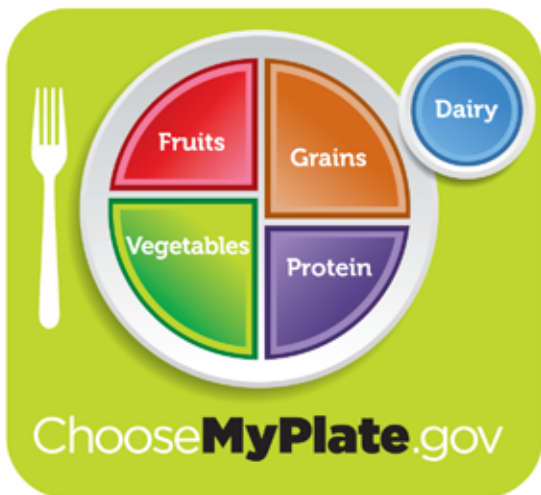
- EMPHASIZES FRUITS, VEGETABLES, WHOLE GRAINS, AND FAT-FREE OR LOW-FAT MILK AND MILK PRODUCTS;
- INCLUDES LEAN MEATS, POULTRY, FISH, BEANS, EGGS, AND NUTS; AND
- IS LOW IN SATURATED FATS, TRANS FATS, CHOLESTEROL, SALT (SODIUM), AND ADDED SUGARS.

MYPLATE HELPS INDIVIDUALS USE  
THE DIETARY GUIDELINES TO:

- MAKE SMART CHOICES FROM EVERY FOOD GROUP.
- FIND BALANCE BETWEEN FOOD AND PHYSICAL ACTIVITY.
- GET THE MOST NUTRITION OUT OF CALORIES.
- STAY WITHIN DAILY CALORIE NEEDS.

# CHOOSEMYPLATE.GOV

NOT ONLY DOES CHOOSEMYPLATE.GOV  
HELP KEEP PORTIONS REAL, IT ALSO  
HELPS YOU EAT A HEALTHY VARIETY OF FOODS.



- **FRUITS** - BANANAS, ORANGES, APPLES, BERRIES, RAISINS, WATERMELON
- **VEGETABLES** - GREEN BEANS, PEAS, CARROTS, BROCCOLI, CAULIFLOWER, GREEN SALAD, SPINACH
- **GRAINS** - OATMEAL, WHOLE WHEAT BREAD, BROWN RICE
- **PROTEIN** - CHICKEN, BEEF, TOFU, EGGS, PORK, FISH, BEANS
- **DAIRY** - MILK, CHEESE, YOGURT, ICE CREAM, PUDDINGS

# DARBY BOINGG'S HEALTHY AND HANDY SHOPPING LIST:

JUST A FEW  
GOOD IDEAS FOR  
YOUR FAMILY!

IT'S NOT ALL YOU NEED,  
BUT IT'S A GOOD START!



- |                                  |  |  |
|----------------------------------|--|--|
| <input type="checkbox"/> MILK    | <input type="checkbox"/> CELERY            | <input type="checkbox"/> GRAPES        |
| <input type="checkbox"/> YOGURT  | <input type="checkbox"/> POTATOES          | <input type="checkbox"/> FRUIT JUICE   |
| <input type="checkbox"/> CHEESE  | <input type="checkbox"/> CARROTS           | <input type="checkbox"/> TOMATO JUICE  |
| <input type="checkbox"/> EGGS    | <input type="checkbox"/> BROCCOLI          | <input type="checkbox"/> RICE          |
| <input type="checkbox"/> HAM     | <input type="checkbox"/> BEANS             | <input type="checkbox"/> PASTA NOODLES |
| <input type="checkbox"/> TURKEY  | <input type="checkbox"/> PEANUT BUTTER     |  |
| <input type="checkbox"/> CHICKEN | <input type="checkbox"/> NUTS              |  |
| <input type="checkbox"/> OATMEAL | <input type="checkbox"/> LEAN HAMBURGER    |  |
| <input type="checkbox"/> APPLES  | <input type="checkbox"/> MULTIGRAIN CEREAL |  |
| <input type="checkbox"/> ORANGES | <input type="checkbox"/> MULTIGRAIN BREAD  |  |
| <input type="checkbox"/> BANANAS |  |  |





TAKE THE FITROPOLIS PLEDGE WITH YOUR CHILD...



## FITROPOLIS PLEDGE

I AM GOING TO EAT RIGHT, FOR ME AND MY BELLY...  
I'LL PUT DOWN MY SODA AND MY DONUT FULL OF JELLY.  
I AM GONNA EAT LOTS OF CARROTS,  
WHICH ARE HEALTHY FOR ME  
AND PLAN ALL MY MEALS WITH BALANCE AND BROCCOLI.  
I'LL DRINK WATER DAILY, EXERCISE AND PLAY,  
FEELING GOOD AND EATING RIGHT IS THE ONLY WAY!  
SO TODAY I AM PLEDGING TO TREAT MY BODY RIGHT,  
BEING SUPER HEALTHY MAKES YOUR FUTURE BRIGHT!



*Darby Boingg*

DARBY BOINGG



I TOOK THE  
FITROPOLIS  
PLEDGE!

X SIGN \_\_\_\_\_

CHILD

X SIGN \_\_\_\_\_

PARENT/GUARDIAN



PROACTIVE AND HEALTHY WEB SITES

- ★ [WWW.KIDS.GOV](http://WWW.KIDS.GOV)
- ★ [WWW.KIDSHEALTH.ORG](http://WWW.KIDSHEALTH.ORG)
- ★ [WWW.CHOOSEMYPLATE.GOV](http://WWW.CHOOSEMYPLATE.GOV)

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